

Series: Rejoice!

Sermon: Practices of Peace – with Jim and Laura Shultz

Scripture: Philippians 4:4-9

⁴ Rejoice in the Lord always; again I will say, rejoice. ⁵ Let your reasonableness^[a] be known to everyone. The Lord is at hand; ⁶ do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹ What you have learned^[a] and received and heard and seen in me—practice these things, and the God of peace will be with you.

Reflection Questions:

- What "recordings" play over and over in your mind, and how do they rob you of peace?
- What joys could you rehearse (joy anchors - specific moments where God showed up for you)?
- When worry rises, do you tend to dwell on it or let it prompt prayer? What makes it hard to make that shift?
- Think of a thought you return to often that is false, unhelpful, or unkind toward yourself. What true, God-given thought could replace it?
- Where in your life do you most need to experience "the peace that surpasses all understanding" right now, and what practice can you do that will help you experience God's peace?

RESOURCE: Attached is a handout to help you replace untrue thoughts with God's promises.

Guided Reflection: *Spend some time rejoicing! Thank God for His good gifts. Let yourself be aware of His presence. Bring any worries or concerns you have to Him. Picture yourself release that worry into His hands and Him taking it from you. Ask Him to help you to trust Him. Spend some time thinking about things you are thankful for and give God praise for those. Go through each word of vs 8 and think of specific things in your life that reflect those things. Thank God for those and commit to let your mind dwell on those. Ask God to give you His peace which surpasses all understanding. Thank Him that He has already given you His peace through Jesus Christ. In Jesus' name, Amen.*

Lie from the Enemy (Weeds to Pull!)	Truth from God's Word (Replace with Truth!)
I am weak and powerless.	God's strength is more than sufficient (2 Corinthians 12:9)
I am unlovable.	God loves you with an everlasting love (Jeremiah 31:3)
I can't be used by God because of my past.	God has blotted out the sins of your past (Romans 8:1-2)
I am worthless.	You are God's treasure (Deuteronomy 7:6)
I am rejected and abandoned.	God has adopted you into His own family (Ephesians 1:5)
I am deficient, not good enough.	God has made you whole and complete. (Colossians 2:10)
I am alone and no one cares about me.	God cares about you (1 Peter 5:7) and he will never leave you (Joshua 1:5)
I can't have peace in life.	God will give you his perfect peace (John 14:27)
I have no purpose in my life.	God has great plans for you! (Jeremiah 29:11)
I am ordinary and average.	You are extraordinary and unique (Psalm 139:14)
These struggles I am facing are going to crush me.	God is working even the hard things to your good because He loves you. (Romans 8:28)

L. Shultz, November 16, 2025